

How much does a jump rope weigh?

A standard jump rope typically weighs between **3 ounces (85 grams)** and **2 pounds (0.9 kg)**, depending on its material and whether it is weighted or not^[1].

Key details:

- **Basic plastic or PVC jump ropes** usually weigh around **3-4 ounces (85-113 grams)**^[1].
- **Beaded ropes** and those with weighted handles are heavier; for example, a heavy beaded jump rope can weigh about **7 ounces (200 grams)**^[2].
- **Special weighted ropes** can range from **1/2 pound (225 grams)** to over **2 pounds (900 grams)**, and specialized training ropes or battle rope jump ropes can go up to **4.5 kg (10 lbs)** for advanced strength workouts^{[1][3][4]}.
- **Handles** may add additional weight, especially if they are designed to be weighted (some handles weigh up to 1 pound each)^[1].

In summary, most standard fitness jump ropes used for general cardio weigh around **3-8 ounces**, while heavy or specialty ropes can range from **1 pound to over 10 pounds** depending on the training purpose.



Jumpjacks 3,600 times at 2 pounds

Doing **3,600 jumping jacks** (assuming standard "jumping jacks" or "jump jacks") with **2-pound weights** will result in a significant calorie burn and muscular demand. Here's how the estimates break down:

- **Calories burned per 1,000 jumping jacks:** Approximate numbers range from 253 calories^[5] to 430 calories^[6], depending on speed and body weight.
- For **3,600 jumping jacks:**
 - Using 0.43 calories per jump (the higher estimate), you would burn about **1,548 calories (3,600 × 0.43)**^[6].

- o Using 0.25 calories per jump (a more moderate average), you would burn around **900 calories (3,600 × 0.25)**^[5].
- **Weighted with 2 pounds:** Doing jumping jacks while holding weights increases calorie burn, but exact published multipliers aren't available. Reasonable fitness guidance suggests adding **10-20% more calories** due to the added resistance.

Estimated range (including added weight):

- **990 to 1,850 calories** for a 3,600-count session with 2-pound weights.

Physical demands: Performing 3,600 jumping jacks at once is a tremendous cardiovascular and muscular challenge, especially with added weights, and is not generally advised for most people without experience, due to injury risk. Adjust intensity and breaks as needed.

- Estimates are for an average adult. Actual calories will vary based on your body weight, pace, and technique^{[6][5]}.

Let me know if you want calculations tailored to your weight, or a breakdown by time or per set.



300 jump ropes at 2pounds

Performing 300 jump ropes (skips) with a 2-pound weighted jump rope will burn calories depending on your weight, intensity, and pace.

Here's a rough estimate based on jumping rope and weighted exercise data:

- Jumping rope typically burns about 10-16 calories per minute, depending on intensity and body weight. For example, a person weighing around 150-175 pounds may burn roughly 10-12 calories per minute doing jump rope^[7].
- Weighted jump ropes, especially around 2 pounds, increase effort and calorie burn, though exact figures vary. A reasonable estimate is that weighted jump rope burns about 10-20% more calories than a standard rope.

- If it takes about 1–2 minutes to complete 300 jump ropes at a moderate pace, you would burn roughly 10 to 24 calories, potentially more depending on your weight and effort.
- In comparison, 300 regular jumping jacks (without weights) burn approximately 45–60 calories for an average adult at moderate intensity, so jump rope is usually more calorie-intensive per unit time, but 300 skips is a short session.

To sum up: **300 jump ropes with a 2-pound rope would burn roughly 10–25 calories** for an average adult, with exact numbers depending on individual factors like body weight, speed, and fitness level.^{[8][9][7]}

If you want, I can help calculate a more specific estimate based on your personal details.

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1. <https://rxsmartgear.com/blogs/news/whats-the-difference-between-a-jump-rope-and-a-speed-rope>
2. <https://elitejumps.co/products/heavy-beaded-jump-rope>
3. <https://buddyleejumpropes.com/blogs/jump-rope-training/weighted-jump-ropes>
4. <https://www.thewarehouse.co.nz/p/heavy-battle-ropes-weighted-fitness-jump-rope-3.8x300cm/MM5141-CNH21550-1M.html>
5. https://www.reddit.com/r/AppleWatchFitness/comments/1fvbqqk/reminder_that_1000_jumping_jacks_burns_253/
6. <https://fitnessvolt.com/calories-burned-jumping-jacks/>
7. <https://fitnessvolt.com/calories-burned-jumping-jacks/>
8. <https://zozofit.com/blogs/news/how-many-calories-can-you-burn-with-jumping-jacks>
9. <https://www.healthline.com/health/how-many-calories-do-jumping-jacks-burn>